

Lancer power Strength, Speed, Conditioning camp

CAMP INSTRUCTORS: JON SUMNER, ADAM HICKS, RICK VOSS, BOYD MANNE, JIM WISEMAN, MATT WARREN

Who: Open to any students in grades 7-12th (grade entering in the fall of 2016)

When: Monday, Tuesday, Wednesday, & Thursday each of the following dates and times:

	<u>June</u>		<u>July</u>	
June 6-9	8-11 am		July 11-14	10:30 am -12:30 pm
June 13-16	8-11 am		July 18-21	8-11 am
June 20-23	9:30-11:30 am			
June 27-30	8-11 am			

Where: Lafayette Weight Room and Track (Camp is a Rockwood Sponsored Camp)

Cost: \$175.00 (\$50 early registration discount) if registered by **May 13th, 2016**
\$225.00 if registered after May 13th, 2016

Athletes will be divided into 4-5 groups which will participate in weight training, speed training, agility drills, and conditioning each day. Safety and Lifting techniques will be taught. This is an intense lifting and conditioning program. Plan on eating a good breakfast and competing against yourself each day.

Please detach and complete the registration form below and return it with check or money order **made payable to Lafayette High School** and mail to:

Jonathan Sumner
Lafayette High School
17050 Clayton Rd.
Wildwood, Mo. 63011

E-mail Jonathan Sumner at sumnerjonathan@rsdmo.org with any questions.

-----DETACH AND RETURN-----

Player Name _____ Age _____ Grade (2015-16) _____

Home Address _____ City _____ Zip _____

Email: _____ Home # _____ Cell # _____

Emergency Contact _____ Phone Number _____

DISCLAIMER AND WAIVER OF LIABILITY: I/WE BEING THE PARENTS AND / OR LEGAL GUARDIAN OF: _____

AUTHORIZE LAFAYETTE HIGH SCHOOL AND ITS EMPLOYEES AND AGENTS PERMISSION TO REQUEST EMERGENCY MEDICAL TREATMENT OR CARE AS NECESSARY TO INSURE THE WELL-BEING OF OUR/MY CHILD. FURTHER, I CLAIM THAT OUR/MY CHILD IS FOUND FIT FOR ALL PHYSICAL ENDEAVORS AS WELL AS BEING COVERED BY VALID MEDICAL INSURANCE. I HEREBY RELEASE LAFAYETTE HIGH SCHOOL AND ALL ITS EMPLOYEES AND AGENTS FROM ALL CLAIMS ON ACCOUNT OF ANY INJURIES WHICH MAY BE SUSTAINED BY OUR /MY CHILD WHILE PARTICIPATING IN THE CAMP AND ANY FUTURE CLAIMS HEREAFTER PRESENTED BY OUR/MY CHILD AS A RESULT OF ANY SUCH INJURIES.

PARENT/GUARDIAN SIGNATURE: _____